

## PACKING FOR HIKING CHECKLIST:

- 10 ESSENTIALS FROM DAY HIKING LIST
  - CLOTHES (CLOTHES TO STAY WARM AND COOL)
    - HAT
    - MITTENS
    - FLEECE
    - LONG SLEEVE SHIRT
    - SWEAT WICKING SHIRTS
    - QUICK-DRYING PANTS
    - SWEAT WICKING T-SHIRTS
    - LONG JOHNS (GOOD FOR SLEEPWEAR)
    - WOOL SOCKS (BRING EXTRA)
    - LONG SOCKS (BRING EXTRA)
    - WICKING UNDERWEAR
    - HAT OR BANDANA
  - STURDY BACKPACK
  - DAY PACK (FOR QUICK DAY HIKES)
  - SANDALS
  - PACK COVER
  - TENT
  - TARP
- SLEEPING BAG/SLEEPING PAD
  - PILLOW CASE (STUFF CLEAN CLOTHES IN IT)
  - FUEL
  - POT AND PAN
  - BOWLS AND CUPS
  - UTENSILS
  - MEALS
  - PORTABLE STOVE
  - NYLON CHORD (50' FOR HANGING FOOD)
  - BAGS FOR FOOD TO HANG IN (BEAR-FREE CAMPSITE!)
  - WATER FILTRATION PUMP
  - SMALL TUBS FOR SINK AND DISH CLEANING
  - BUG SPRAY
  - TOILET PAPER
  - DUCT TAPE
  - CARABINEER
  - RAIN COAT AND RAIN PANTS
  - WHISTLE
  - TOILETRIES
  - BIODEGRADABLE SOAP
  - TOWEL
  - SMALL SHOVEL FOR BURYING WASTE